Lunch Meal Pattern- Serve OVS
Must offer all 5 components, student can decline up to 2 components
Must take fruit or vegetable component

Grades		K-5	6-8	9-12	Additional information
Fruits (cups)	Weekly (daily) amounts required to offer per child	2½ (½)		5 (1)	¼ cup of <u>dried</u> fruit counts as ½ cup of fruit. Minimum creditable serving is ⅛ cup.
	Minimum amount taken to count as a component	½		½	
					F or V juice must be 100% full-strength & only credit towards ½ of required F or V offerings.
Total Vegetables (cups)	Weekly (daily) amounts required to offer per child	3 ¾ (¾)		5 (1)	Additional vegetables from any subgroup may be served to meet weekly requirement. Minimum creditable serving is ⅛ cup.
	Minimum amount taken to count as a component	½		½	
	Vegetables (cups) Weekly amounts to offer per child				
Dark green		½		½	1 cup of raw leafy greens counts as ½ cup of vegetables
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
"Other" *Defined at 7CFR §210.10(c)(2)(iii)(E)*		½		¾	
Grains (oz eq)	Weekly (daily) amounts required to offer per child	8-9 (1)	8-10 (1)	10-12 (2)	July 1, 2012: At least half of grains offered must be whole grain rich July 1 2014: All grains offered must be whole grain rich
	Minimum amount taken to count as a component	1	1	2	
Meats/Meat Alternates (oz eq)	Weekly (daily) amounts required to offer per child	8-10 (1)	9-10 (1)	10-12 (2)	
	Minimum amount taken to count as a component	1	1	2	
Fluid milk (cups)		5 (1)			Only fat-free milk can be flavored. Fluid milk with fat content greater than 1% is not allowed. Must offer two choices.

Other Specifications: Daily Amount Based on the Average for a 5-day week

	K-5	6-8	9-12	
Minimum - Maximum calories (kcal)	550-650	600-700	750-850	
Sodium (mg) SY 2012-13 and 2013-14 only	1100-1300	1200-1400	1500-1700	Arizona requirement, 2mg/kcal
Sodium (mg) SY 2014-15	≤ 1230	≤ 1360	≤ 1420	See implementation timeline for SY2017-2023
Saturated fat (% of calories)	≤ 10			
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving			